

Cabrillo

National Monument

Programs and Facilities

Free interpretive programs are offered throughout the year. Park Rangers and Volunteers-In-Parks (VIPs) present a variety of talks, guided walks, living history demonstrations and audio-visual programs about the park's themes. For more information about programs, facilities and special events at Cabrillo National Monument, visit the park's website at www.nps.gov/cabr/planyourvisit/things2do.htm.

Park Brochures

The official park brochure is available free to all visitors (a limit of one per family is requested). Translations are available in Braille, Chinese (Traditional and Simplified), French, German, Italian, Korean, Japanese, Portuguese and Spanish. The park map, map of surrounding area and all but the Braille translation may be downloaded as PDF files from the park's website www.nps.gov/cabr/planyourvisit/brochures.htm.

Auditorium Programs/Award Winning Films

Free programs are presented regularly throughout the day in the park auditorium. Films include CINE Golden Eagle Award Winner (Education category) *In Search of Cabrillo*, *On the Edge of Land and Sea: The Tidepools of Cabrillo National Monument* and a film about Pacific Gray Whales. Other programs are occasionally offered. The auditorium seats about 100 people.

Guided Programs

Ranger-led and Volunteer Docent-led programs are scheduled when staffing permits. Programs include presentations about Juan Rodriguez Cabrillo, the Pacific Gray Whales, tidepools, the Old Point Loma Lighthouse, the military history of Point Loma, nature walks, and park orientation tours.

In addition to Ranger-led talks, visitors can learn more about the park from audio stations providing information in six different languages at various locations in the park. The moderate, 2.5 mile roundtrip Bayside Trail provides hikers with wayside exhibits for a self-guided walk.

Juan Rodríguez Cabrillo and the Age of Exploration Exhibit

Located in the Visitor Center complex, this exhibit presents interactive exhibits about the life and explorations of Juan Rodríguez Cabrillo, 16th century exploration of the Americas and the Spanish influence on the development of the western United States.

They Stood the Watch Exhibit

Located in the former Army Radio Station building, north of the Old Point Loma Lighthouse, this interactive exhibit chronicles the 19th Coast Artillery, Fort Rosecrans during World War II and the history of harbor defenses in San Diego.

The Lighthouses of Point Loma Exhibit

Located in the Assistant Lighthouse Keeper's Quarters, just south of the Old Point Loma Lighthouse, this interactive exhibit illustrates how lighthouses and lenses work, what life was like for the 19th century lighthouse keeper's and their families, the role that the Old Point Loma, new Point Loma and Ballast Point lighthouses (the lighthouses of Point Loma) played in the development of maritime commerce in fledgling California in the middle to late 1800s, and National Park Service efforts to restore the Old Point Loma Lighthouse and its grounds. The center-piece of the exhibit is the elegant Third Order Fresnel lens that served in new Point Loma from 1891 until 1997.

Whale Overlook

Built in the 1950s, this sheltered overlook was one of the first on the West Coast for land-based whale watching. Exhibits, an audiostream and scale tactile sculpture of a Pacific gray whale tell the story of the magnificent marine mammals, whose 10,000 mile, round-trip migration from Baja California, Mexico to the Arctic is the longest of any mammal in the world, new Point Loma Lighthouse, the tidepools and the Pacific Ocean at the bottom of the hill.

View Building

Located in the Visitor Center complex, the glass-enclosed View Building affords unparalleled views of the city of San Diego and the bay and offers information about visitor attractions in San Diego and other national park areas.

Bookstore

The bookstore, located inside the View Building, offers over 500 publications on park-related topics such as, Juan Rodríguez Cabrillo, 16th century exploration and navigation, lighthouses, 20th century coastal defenses, rocky intertidal habitat, whales and other sea life, coast Mediterranean habitat, San Diego history and national parks. It is operated by the Cabrillo National Monument Foundation, a non-profit cooperating association under an agreement with the National Park Service. The Foundation celebrates more than fifty years of supporting National Park Service interpretive, educational and scientific research programs at Cabrillo National Monument.

Education Programs

Park staff offers on-site curriculum-based education programs for elementary school groups visiting for educational purposes. Program topics are Juan Rodríguez Cabrillo and exploration, Life in the Old Point Loma Lighthouse, Tidepool Exploration, Life in Coastal Sage Scrub and Kumeyaay Uses of Native Plants. The free programs must be reserved, in advance, by visiting the park's website at www.nps.gov/cabr/forteachers/index.htm.

Special Programs and Observances

The National Park Service offers several special programs during the year, including the annual Whale Watch Weekend and Intertidal Life Festival ('*A Whale of a Sea-lebration*'), celebrating the southward migration of the Pacific gray whale and Point Loma's magnificent tidepools, kelp forest and nearshore environment (January); Science in the Park Day as part of the San Diego Science Festival (www.sdsciencefestival.com/htmls/2009festival/discoveryweek.htm) (March), National Park Week (www.nps.gov/npweek/) and Junior Ranger Day (April), celebrating the National Park System, National Park Service Founder's Day (August 25), celebrating the creation of the National Park Service in 1916; the annual Cabrillo Festival (September/October), commemorating Juan Rodríguez Cabrillo's landing on September 28, 1542 (<> or www.cabrillofestival.org/); National Public Lands Day (last Saturday in September), a fee free day celebrating the nation's public lands, the anniversary of first lighting of the Old Point Loma Lighthouse in 1855 (November 15). Please contact the park for more information.

Live Webcams

Through a partnership with the California Mediterranean Research Learning Center and the High Performance Wireless Research and Education Network (HPWREN), Cabrillo National Monument now has live cameras at the tidepools and visitor center, visitors to see real-time views of the park via the internet. To learn more about and to access these Live Cams, please visit www.researchlearningcenter.com/webcams/.

Junior Ranger Program

The *Just For Kids* and Cabrillo National Monument Junior Ranger activity guides offer children fun opportunities to explore the monument with their families and earn a Junior Ranger badge, patch and certificate. Please inquire about this program at the visitor center. Additional Junior Ranger items are available through the bookstore. To learn more about the Cabrillo National Monument Junior Ranger Program, visit the park's website at www.nps.gov/cabr/forkids/index.htm. The Web Rangers Program (www.nps.gov/webrangers/) allows young people to learn about the nation's national parks online in a safe environment. Cabrillo National Monument participates in the annual National Junior Ranger day each April. For more information please visit www.nps.gov/npweek/junior.htm.

Volunteers-In-Parks (VIP)

Cabrillo National Monument has a very active cadre of volunteers who donate thousands of hours assisting National Park Service staff under the Volunteers-In-Parks (VIP) Program. Volunteers assist visitors at the visitor center, interpret 16th century exploration, the 1880s Old Point Loma Lighthouse and World War II Coastal Defenses at Fort Rosecrans in reproduction period clothing, interpret and protect the rocky intertidal zone, combat invading non-native plants, propagate native plants in the park's greenhouse, help conduct scientific and historical research, help publish brochures and visitor guides and help care for the museum collection. Please contact the Volunteer Coordinator at (619) 557-5450 or go to www.nps.gov/cabr/supportyourpark/volunteer.htm or www.volunteer.gov/gov/ for more information.